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Get Help When You Need It

MANAGING A CHRONIC HEALTH CONDITION

If you live with a chronic condition like asthma, diabetes, high blood pressure or coronary artery disease, these conditions don't have to take over your life. If you take care of yourself and closely monitor your condition, you can continue to do the things you enjoy.

However, if you do not take care of yourself, you are putting yourself at risk for developing a more serious – or even fatal – condition.

Managing your chronic condition is an important way to avoid or delay potentially debilitating and costly complications of your condition, promote your overall health status and enhance the quality of your life. Whether you're already managing your health condition on your own or haven't gotten around to following doctor's orders, your Gulfstream medical plan offers a valuable resource you can use—a disease management program.

DISEASE MANAGEMENT

Disease management (also called care management) programs are designed to assist individuals coping with common, chronic illnesses. These programs focus on education and support so that participants can better understand their condition and are better equipped to follow their physician's plan of care. Participation in a disease management program is **free** and **confidential**.

Your health plan may invite you to participate in a disease management program if your medical or prescription drug claims indicate that you may be living with, or at risk for, a chronic condition. If you received such an invitation in the past and were not ready to participate at that time, now is a great time to enroll. If you would like more information on the programs available to you, or would like to enroll in a program immediately, contact your health plan using the phone number on your medical ID card. You may also refer to the table at the end of this newsletter for contact information.

WHY PARTICIPATE IN A DISEASE MANAGEMENT PROGRAM?

Maybe you're thinking, "Why do I need disease management to help me control my hypertension (or diabetes, asthma, etc.)? My doctor takes care of that for me."

While your physician should be your first resource in caring for your condition, there are many advantages to enlisting the support of a disease management program to supplement your physician's care. The services offered include:

- Access to healthcare professionals 24 hours a day, 7 days a week to answer questions and offer expert guidance on living with a chronic condition. (This can be extremely helpful and reassuring to those who find they still have questions after they've left the doctor's office.)
- Partnership with members, through regular contact, to understand and better manage a medical condition
- Literature and other educational materials mailed regularly to the home

Disease management programs are not only for individuals whose health condition has progressed to the point of disability. The education from and support of a disease management program can provide assistance to those in the early stages of a disease, when its symptoms and progression may be easier to control. For individuals with advanced or complex conditions, the more direct involvement of a care management professional can be a valuable addition to the healthcare team.

CONDITIONS THAT MAY BE HELPED BY DISEASE MANAGEMENT

Most disease management programs offer support for people with diabetes, asthma and cardiac conditions. However, the lists of programs available from one medical plan to another vary, and program offerings have been greatly expanded in recent years. Examples include:

- Arthritis or joint replacement
- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)
- Depression
- Diabetes
- Hyperlipidemia (high cholesterol)
- Hypertension (high blood pressure)
- Low back pain
- Maternity care or high risk pregnancy
- Obesity
- Osteoporosis

Check with the disease management provider for your Gulfstream medical plan for details on the programs available to you. Contact information is included in the table on the last page of this newsletter.

"Partners 2 Health" is the companywide initiative for employees and their families to work together with Gulfstream to achieve a healthy life and reduce healthcare costs. Under this partnership, Gulfstream will supply the resources (medical plans and health-related information) and families will make informed decisions (taking into consideration that health guidance) to maintain or improve their health. In addition to substituting for the preposition "to" ("Acting as partners will lead to better health"), the "2" signifies the two partners (employees and Gulfstream) and the two phases (short-term and long-term) of everyone's health. Additionally, the "2" represents the two goals of the initiative -- the primary goal of better health and the secondary goal of lower healthcare costs.

February is Heart Health Month

Are you taking care of your cardiovascular health? According to the American Heart Association, coronary heart disease is the nation's single leading cause of death. Here are some of the statistics featured in the publication, *Know the Facts, Get the Stats 2007*:

KNOW THE FACTS

Coronary Heart Disease

- ♥ 1.2 million Americans have a coronary attack each year. About 452,000 die.
- ♥ 7.9 million Americans age 20 and older have survived a heart attack.
- ♥ 8.9 million Americans have angina pectoris.

Sudden Cardiac Death

- ♥ Most coronary heart disease deaths are sudden, with 325,000 deaths occurring out of the hospital or in hospital emergency departments each year.

Stroke

- ♥ 700,000 people suffer a new or recurrent stroke every year in the U.S. Over 150,000 die, making stroke the third leading cause of death.
- ♥ About 5.7 million U.S. stroke survivors are alive today, many with permanent stroke-related disabilities.
- ♥ Women account for about 6 out of 10 stroke deaths.

High Blood Pressure

- ♥ 72 million adults age 20 and older have high blood pressure.
- ♥ Up to 95% of high blood pressure cases stem from unknown causes, but the condition is easily detectable and most cases can be controlled with proper treatment.

Tobacco

- ♥ An estimated 25.1 million men and 20.9 million women put themselves at increased risk of heart attack and stroke by smoking cigarettes.

High Blood Cholesterol

- ♥ 36.6 million American adults have cholesterol levels of 240 mg/dL or higher – the point at which it becomes a major risk factor for coronary heart disease and stroke.

Physical Inactivity

- ♥ According to the Centers for Disease Control and Prevention, only 30.1% of Americans engage in light-moderate physical activity for at least 30 minutes on 5 or more days a week, or vigorous physical activity for at least 20 minutes on 3 or more days a week.

Overweight and Obesity

- ♥ About 66% of Americans age 20 and older are overweight or obese.

Diabetes Mellitus

- ♥ At least 65% of people with diabetes die of some form of heart or blood vessel disease.

KNOW THE NUMBERS

| Factor | Goal |
|--------------------------|--|
| Total Cholesterol | Less than 200 mg/dL |
| LDL ("Bad") Cholesterol | LDL cholesterol goals vary. <ul style="list-style-type: none"> ♥ Less than 100 mg/dL -- Optimal ♥ 100 – 129 mg/dL – Near Optimal ♥ 130 – 159 mg/dL – Borderline High ♥ 160 – 189 mg/dL – High ♥ 190 mg/dL and above – Very High |
| HDL ("Good") Cholesterol | 50 mg/dL or higher |
| Triglycerides | <150 mg/dL |
| Blood Pressure | <120/80 mm/Hg |
| Fasting glucose | <100 mg/dL |
| Body Mass Index (BMI) | <25 Kg/m ² |
| Waist circumference | <35 inches |
| Exercise | Minimum of 30 minutes most, if not all, days of the week |

For an easier way to access online resources, go to www.partners2health.com and select your site from the navigation menu on the left. Then follow the instructions below.

| If this is your medical plan: | Here's how to access your Health Risk Assessment (HRA): | Log on to your health information Web site here: | Find Disease Management information here: |
|----------------------------------|--|--|---|
| Aetna POS | Click on the links to Simple Steps for a Healthier Life and log in or register. | Click on the link for Aetna POS. Select "Members and Consumers," then "Health Information," then "IntelliHealth." Or you can go directly to www.intellihealth.com . | Click on the link for Aetna POS. Select "Members and Consumers," then "Products and Programs," and finally "Disease Management" for information on Aetna's Healthy Outlook program. Or you can call Aetna Customer Service at 1-888-562-7822. |
| CIGNA International | Choose Expatriates on the navigation menu, then click on CIGNA International and log in or register. You will be transferred to an assessment tool called HealthQuotient. | Choose Expatriates on the navigation menu, then click on the link under "Health Information Web Site." First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want. | N/A |
| Empire BCBS PPO | Click on the link to Empire BCBS PPO and select "Login" to access your personalized Member Services. New users will be prompted to register before proceeding. Your personalized home page will appear. Choose Health IQ to take your HRA. | Click on the link to Empire BCBS PPO and select "Login" to access your personalized Member Services. New users will be prompted to register before proceeding. Your personalized home page will appear with links to various health topics. | Call Member Services at the number listed on your ID card – 1-877-378- 2455. |
| GAC Medical Plan Savannah | Click on the link to "Health Information Web Site." "First-time users will be instructed to establish a login and password. Once logged in, select "My Assessments" on the left of the home page or click on "Take Your Health Risk Assessment." | Click on the link to "Health Information Web Site." First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want. | Call Healthy Returns, sponsored by Memorial Health Partners at 1-800-551-6923. |
| Network Health | HRAs with screenings are offered onsite once per year in autumn. Check with Human Resources for more information. | Click on the link to Network Health" and log in. You will need your member ID to register. Once logged in, choose ""Health Resources." Resources available include "Medline Plus Consumer Health Info," "Affinity's Tips for Better Health," and links to other resources. | Call Network Health at 1-800-236-0208 for information. |
| PacifiCare | Click on the link to Pacificare. Next choose "Member/Visitor," then select "California" under "I reside in..." and click on "Go." From there, choose "Health and Wellness," then "Health Risk Assessment" from the menu on the left. | Click on the link to Pacificare. Next choose "Member/Visitor," then select "California" under "I reside in..." and click "Go." From there, choose "Health and Wellness," then select the topic you want. | Call PacifiCare Member Services at 1-800-913-9133. |
| United Healthcare | Click on the link to United Healthcare and log in or register. Then click on "Health Topics and Tools" followed by "Assess and Improve Your Health." | Click on the link to "United Health Wellness: and log in. Then click on "Health Topics and Tools," then select the topic that interests you. | Call United Healthcare at 1-866-633-2446. |